Cut out the sugar & feel better!

A recent study found that reducing the amount of sugar in a kid's diet, even while keeping the same amount of food, can create positive changes in just 10 days. Children examined before and after reducing the amount of sugar in their diet from 28% to 10% were found to have both lower blood pressure and blood sugar levels. Of course, it's still important to try to eat the right amount (not too much and not too little). By eating the right amount and reducing sugar, children can feel better and become much healthier in very a short amount of time!

Tips for a Healthy Thanksgiving

- Eat on smaller plates, you won’t get so full
- Go for a walk with the family after the big meal
- Take a pause between different servings, and skip seconds if you aren’t that hungry

Free Health App that uses cartoon animals to show kids different Yoga moves and meditation poses that they can do at home.

Pros: Interactive and easy to use. Encourages children to exercise at home, which is beneficial when they are unable to get outside.

Cons: Limited number of poses; can be used by kids of all ages, but more compatible with kids of a younger age (under 11).

Final Score: 7/10